

Active play can promote:

- Learning
- Confidence and independence
- Curiosity and creativity
- Cooperation and sharing

Active play can develop:

- Strength, flexibility, and endurance
- Coordination
- Body awareness

Top 10 Tips for Family Fitness

People wonder how to become an active family. It's simple. Just take advantage of all the opportunities that come along:

Drink plenty of water and snack on fruits and veggies as part of a healthy, active lifestyle.

1. If you see your children watching TV, ask them to walk to the mailbox with you. It is a good idea to limit TV time to 1-2 hours/day.
2. While you're walking, talk about the scenery – or pick up a rock and see who can throw it the farthest.
3. Race your kids back to the house or play hide-and-seek.
4. Roll a ball around the house.
5. If you have a fitness center in your area, use it – but always remember you don't need fancy machines to be active.
6. Make hopscotch squares (you don't need chalk – use masking tape, string or sticks).
7. Play games like “kick the can” and “red light/green light” – kids love to play these with their cousins or friends.
8. Teach your kids how to play “leap frog,” piggyback races, and 3-legged races.
9. Put a stone or egg on a spoon that they have to carry while they race.
10. Don't let summer heat slow you down – water balloons and sprinklers can help everyone keep cool.

Active play promotes:

- Lifelong health
- Healthy weight
- Stress relief and good sleep



Wyoming SNAP is a coalition of the University of Wyoming, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health. For more information visit: www.fns.usda.gov/oane/SNAP/Wyoming.htm or call 307-766-5375.

